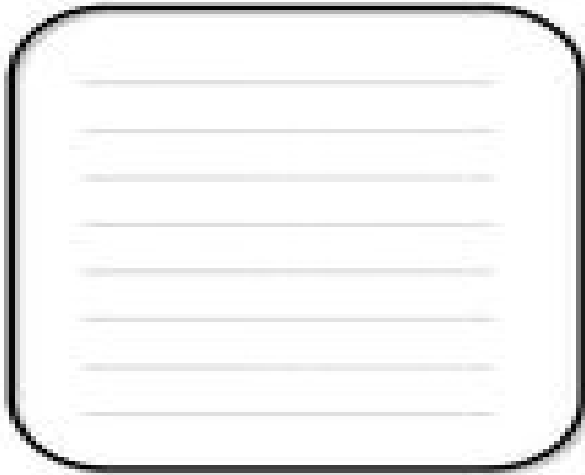
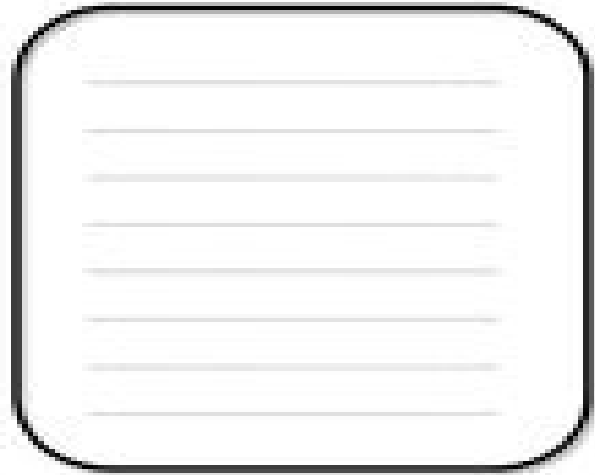


Name: _____

3. When I felt _____, I *DID* these things:

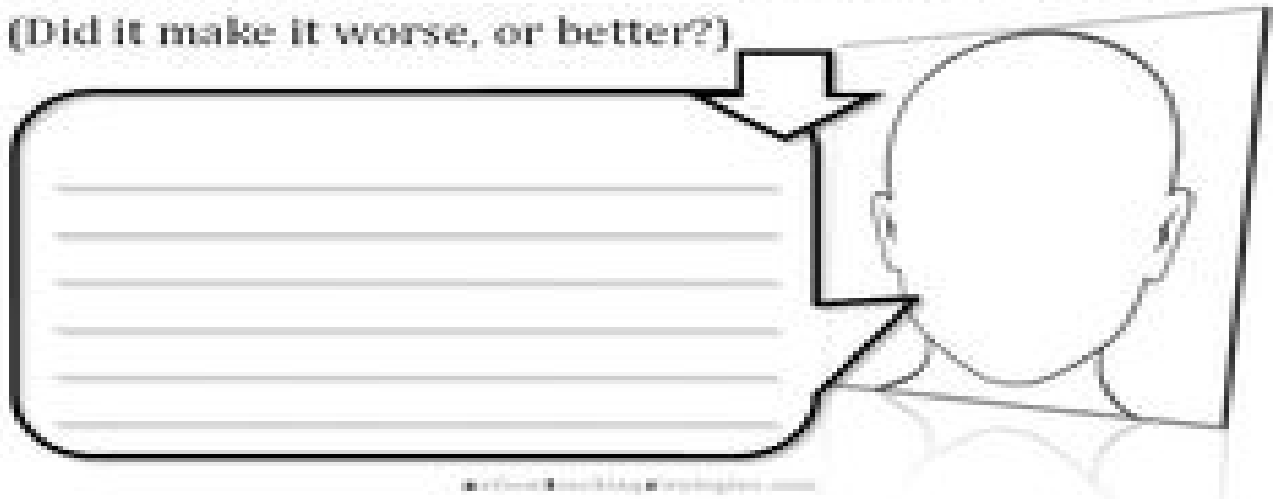


A rounded rectangular box with a double-line border and horizontal lines for writing, intended for recording actions taken during a specific emotional state.



A rounded rectangular box with a double-line border and horizontal lines for writing, identical to the first one, for recording actions.

4. While I felt _____ here is what I SAID.
(Did it make it worse, or better?)



A large speech bubble with a double-line border and horizontal lines for writing. To its right is a simple line drawing of a person's head and shoulders, facing forward, with the speech bubble's tail pointing towards the mouth area. Below the drawing is a faint watermark: www.thefairyprint.com